



# South Central District Health

*Keeping your family & community healthy*  
**1020 Washington Street North \* Twin Falls, ID 83301**  
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**PRESS RELEASE – For Immediate Release**

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**‘Fit and Fall Proof’ Classes Beginning in Several Communities**

South Central District Health will be starting a six-week series of “Fit and Fall Proof” exercise classes for seniors in Eden, Jerome, Kimberly, and Wendell. The low-impact exercise classes help senior individuals increase their strength and balance while enjoying a social interaction with other participants.

In 2003, more than 1.8 million seniors age 65 and older were treated in emergency departments for fall related injuries and more than 421,000 were hospitalized according to the Centers for Disease Control and Prevention. Among those that fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death.

“There is no cost or price that could offset a senior’s reduced mobility, reduced independence, increased admittance to long-term care facilities, and higher risk of premature death,” said Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator for South Central District Health. “Being more physically active is a way to help prevent falls and the injuries associated with them.”

Nationwide between 2002 and 2005, ambulances respond to 6,000 calls for falls. More than half of those calls were from people 65 years and older. Most falls occur in private residences and three quarters of those individuals are taken to a hospital.

“South Central District Health encourages all seniors who live in south central Idaho to join the exercise classes that are being offered in their area. Participants will enjoy meeting new people and have a good time while exercising,” said Caldera. “The Fit and Fall Proof program is growing and there are plans to expand it to the Mini/Cassia area.”

For more information on classes, please contact South Central District Health at 737-5988.

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**Fit and Fall Proof Classes**

<b>Site</b>	<b>Location</b>	<b>Beginning Date</b>	<b>Time</b>	<b>Days</b>	<b>Cost</b>
<b>Eden</b>	Sacred Segregation Fire Station	Oct. 17	10:30 a.m.	Tuesday & Thursday	None
<b>Jerome</b>	Jerome Senior Center	Oct. 16	11 a.m.	Monday & Wednesday	\$5.00/month
<b>Kimberly</b>	Ageless Senior Center	Oct. 2	10:30 a.m.	Monday, Wednesday, & Friday	None
<b>Wendell</b>	Living Waters Presbyterian Church	Oct. 3	10 a.m.	Tuesday & Thursday	None

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**Photo Caption:** Wendell residents participate in the Fit and Fall Proof class offered at the Living Waters Presbyterian Church. The class meets on Tuesdays and Thursdays at 10 a.m. and a new session begins on Oct. 3. Several classes are being offered in other south central Idaho communities beginning in October. For more information about the classes, call 737-5988.